## **CLAIMS**

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- 1. A hair holder comprising a flat tube having a first side and a second side and being formed of a sheet in such a design to allow a hair bundle to be inserted from an opening at one end thereof toward an opening at the other end thereof, the sheet which forms the first side of the tube is more extensible in the length direction of the tube than the sheet which forms the second side of the tube, and the sheet which forms the second side of the tube has a Taber stiffness of 0.4 mNm or higher.
- 2. The hair holder according to claim 1, wherein the sheet which forms the first side has at least 15 times as high an extension under a load of 5 N as the sheet which forms the second side.
- 3. The hair holder according to claim 1, wherein the sheet which forms the first side has an extension of at least 5% under a load of 5 N.
- 4. The hair holder according to any one of claims 1 to 3, wherein the sheet which forms the first side has a large number of openings making the sheet extensible.
- 5. The hair holder according to any one of claims 1 to 4, wherein the sheet is permeable to a hair treating agent.
  - 6. The hair holder according to any one of claims 1 to 5, wherein at least one of the sheet which forms the first side and the sheet which forms the second side has a large number of through-holes each having a smooth edge on one side thereof, and the sheet which forms the first side and the sheet which forms the second side are joined together with the side having the smooth edge facing inside the tube.
  - 7. The hair holder according to any one of claims 1 to 6, wherein the tube is designed to roll itself up into a prescribed shape and to keep the rolled up state.
- 8. A method of treating hair comprising employing the hair holder according to any one of claims 1 to 6, inserting a hair bundle through the tube of the hair holder, and

rolling up the tube having the hair therein with the first side thereof out.